

The Resilient Library Newsletter

December 15, 2021

Volume 15 Issue 2

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press Click or Ctrl+click on images and underlined text to be directed to those websites.

Inside this issue:

Keep Moving	2
Beware Social Security Scams	4
LOA News & Notes	5
Book Spotlight	6
Adult Book Club	8
Calendars & COVID kits	8
About This Newsletter	8

105-year-old Louisiana woman sets world record in 100 meter dash

'It's worth living longer'

By Wyattte Grantham-Philips, USA Today

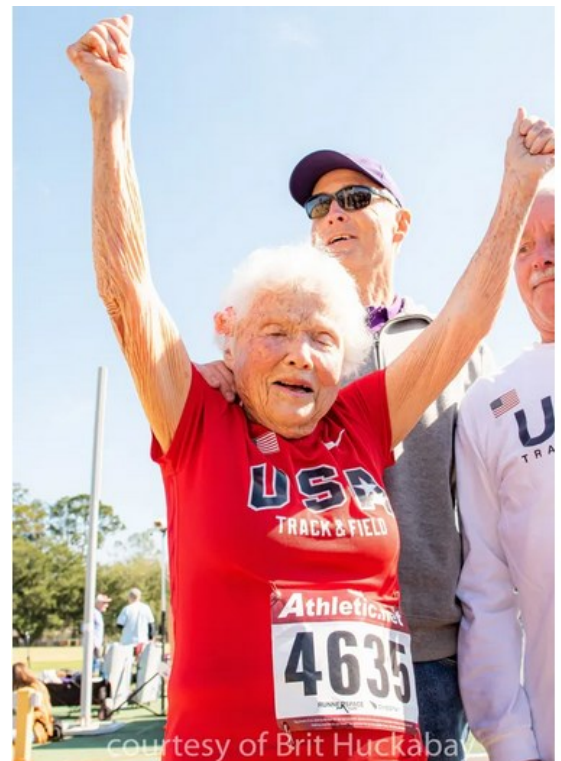
For Julia "Hurricane" Hawkins, no amount of years can stop her from running to international stardom.

At 105 years old, Hawkins became the first female track and field athlete and first American to set a world record in the 100-meter dash for her age group (105+ division) at the 2021 Louisiana Senior Games competition on Saturday, according to the [National Senior Games Association](#).

With a fresh flower in her hair and a crowd of cheering loved ones surrounding her, the track star completed the 100 meters with a time of 1:02:95.

"The older you get, the more passions you ought to have... Keeping active is one of my most important passions," Hawkins told USA TODAY...

"I keep thinking, 'Why am I left here? Why haven't I been called by



Julia "Hurricane" Hawkins raising her arms in triumph. Brit Huckabay/National Senior Games.

now?" she continued. "People say that they want to be just like me

Continued on page 7

Keep Moving — *Should You Be Worried About Your Parent's Sedentary Lifestyle?* Volume 15 Issue 2

Here are some suggestions on ways people of all fitness levels can stay active

By Dana Shavin

I'm in my car with my husband when my sports watch vibrates. On the display is a crude stick figure jumping up and down.

"Stop the car!" I cry out, jokingly. "I have to do some jumping jacks!" We both laugh, and he does not stop the car. I'm compulsive, but I'm not THAT compulsive.

While I do ignore my watch's intermittent entreaties to stop whatever I'm doing and jump around, I don't ignore my body. Most days I get in somewhere between 8,000 and 10,000 steps (around 7,000 is the suggested number for good health).

I do this by playing [pickleball](#) three to five days a week, walking my dogs every day and running up and down the steps to my home office in search of my iPhone.

My 80-year-old mother-in-law, however, is another story.

She recently moved to a small apartment in the town where we live, and aside from weekly trips to WalMart and her doctors, she spends all day and evening in front of her television.

It's a routine that I know isn't healthy for her, and that seems heroically unstimulating. But no amount of encouragement from us — to take a walk or find an activity outside of her home — has had any effect, other than to make her angry.

It's frustrating, because much of what she complains about — lack of energy, mobility problems, poor circulation — has been shown to benefit from movement.

But my mother-in-law is not alone. Only 39% of people over 65 meet the recommended amount of activity each week (see guidelines below), and that percentage decreases as age increases.

The average person sits 12 hours a day. As might be expected, there is a strong relationship between how much time adults spend being sedentary and the risk of cardiovascular disease, stroke and death. In fact, physical inactivity accounts for 9% of premature mortality world-



wide according to the 2018 article "Sedentariness and Health: Is Sedentary Behavior More Than Just Physical Inactivity?" in *Frontiers in Public Health*.

What Constitutes Sedentary?

In general, sedentary behavior refers to doing anything that requires a low level of energy expenditure. Sitting or lying down, watching TV, playing video games, using a computer, driving and reading are the most common sedentary activities most of us engage in every day. It only becomes a problem when it's *all* we do.

We are insufficiently active, according to the U.S. Department of Health and Human Services' site [Health.gov](#), if we spend less than about 20 minutes every day moving with *moderate intensity*. Moderate intensity exercise is defined as anything that raises your heart rate. Brisk walks, water aerobics, riding a bike (real or stationary) and dancing are all moderate intensity exercises.

It's Not Your Fault If You Want to Rest

According to Harvard evolutionary scientist Daniel Lieberman, resting is hard-wired into our DNA. Before we had steady jobs and grocery stores, we were hunters and gatherers. Foraging for food was our exercise.

Continued on next page

“No hunter-gatherer goes out for a jog, just for the sake of it,” says Lieberman.

Rest — i.e. energy conservation — is what we did because we hadn’t managed to catch anything to eat in a while. Now, although we are never at a loss for food, our sedentary time has increased, which means it’s very easy to eat more than we need for survival, to eat worse (think processed) foods and to not steer those calories into energy expenditure.

When we don’t move enough, our muscles waste away and bone repair slows. Which means the problem of not moving compounds: the less we move, the less we want to move.

Use It or Lose It

Most of us know that as we age, it’s important to keep moving. But do you know how we benefit from staying active?

In addition to keeping our bones and muscles strong, regular physical activity (even gentle physical activity) has been shown to increase life expectancy; reduce our risk of contracting chronic diseases including Type 2 diabetes, heart disease and stroke; improve our balance; help us manage our weight and lower our risk of depression.

One study cited by the Centers for Disease Control and Prevention (CDC) found that reducing sitting time by 66 minutes each day reduced upper back and neck pain by 54%. Improved mental and physical health means we make fewer trips to the doctor, which can lower our health care costs, as [disease prevention is less costly than treatment](#).

What Should You (Realistically) Aim For?

According to the CDC, older adults (which they define as 65 or older) should strive to engage in 2 1/2 to five hours a week of moderate-intensity activity, or 1 1/4 to 2 1/2 hours a week of vigorous-intensity aerobic activity. This includes adults with chronic diseases or disabilities (if possible).

At the very least, older adults should strive for 30 minutes of physical activity five days a week, divided between aerobic movement and strength training. Of

course, many people are physically unable to meet these guidelines, in which case the CDC recommends engaging in “regular physical activity according to their abilities.”

The bottom line is simple: *avoid inactivity*.

Where to Start?

Fortunately, there are lots of ways to get movement into our lives that don’t require us to suit up and head out to the local gym.

[Walking is a great way to get started](#), either outdoors or, if the weather isn’t conducive or you’re concerned about traffic, hills or uneven ground, in a shopping mall.

For the more adventurous, there’s hiking, biking and swimming. Yard work such as raking leaves or pushing a lawn mower is great for aerobic fitness and [strength training, as in lifting weights](#) (hey, heavy grocery bags count!), doing push-ups and sit-ups, and gardening (especially when vigorous digging is involved).

Some forms of yoga are aerobic, while others are more strength-focused. My 92-year-old mother and her 97-year-old partner [enjoy searching YouTube for yoga and fitness classes to suit their abilities and energy levels every day](#). They work out in a small bedroom, which goes to show that where there’s a will, there’s a way!

What If There’s a Way, But Not a Will?

My mother-in-law will tell you that she moves plenty, as evidenced by the fact that she is tired at the end of the day. The irony is that increased movement would likely help her feel less tired.

So, what can we do when someone we care about staunchly refuses our entreaties to exercise — when the way is evident, but the will is absent? The National Institutes of Health has six ideas for people who are exercise resistant:

1. If you don’t want to spend 30 minutes being active, break it into three 10-minute periods.

Protect Yourself from Social Security-related Scams



Social Security

SCAM ALERT

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.

If you receive a call, text, or email that...

- Threatens to suspend your Social Security number, even if they have part or all of your Social Security number
- Warns of arrest or legal action
- Demands or requests immediate payment
- Requires payment by gift card, prepaid debit card, internet currency, or by mailing cash
- Pressures you for personal information
- Requests secrecy
- Threatens to seize your bank account
- Promises to increase your Social Security benefit
- Tries to gain your trust by providing fake "documentation," false "evidence," or the name of a real government official

...it is a SCAM !

**Do not give scammers
money or personal
information --
Ignore Them!**

Protect yourself and others from Social Security-related scams

- **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the [SSA Office of the Inspector General](https://oig.ssa.gov) (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- **Get up-to-date information.** Follow SSA OIG on [Twitter @TheSSAOIG](https://twitter.com/TheSSAOIG) and [Facebook @SSA Office of the Inspector General](https://facebook.com/SSAOIG) for the latest information on Social Security-related scams. Visit the [Federal Trade Commission](https://www.federaltrade.com) for information on other government scams.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit oig.ssa.gov/scam for more information. Please also share with your friends and family. □

Local Office on Aging (LOA) December News & Notes

Volunteers Needed

LOA is very thankful for their 450+ volunteers that support Meals on Wheels, Senior Food Box, Insurance Counseling, Falls Prevention programs, and provide other essential functions helping older persons to remain independent for as long as possible.

LOA needs more volunteers currently, especially in Roanoke, Salem and Botetourt. If you are interested, please visit loaa.org or give LOA a call at (540) 345-0451.



New Health and Wellness Center

Renovation continues with LOA's facility expansion which will add services to further meet the mission of allowing seniors to "Age in Place."

The facility will offer opportunities empowering seniors to live better longer.

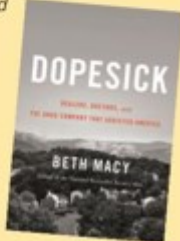
LOA has exciting plans for the property, including a new congregate diner's club, Meals on Wheels site, lunch-and-learns, fall prevention workshops, their newest program — BingoCize — and much more.

LOA anticipates opening the center in Spring 2022. Stay tuned for exciting updates in the months ahead.



Beth Macy is the author of the critically acclaimed and New York Times bestselling books,

Factory Man, *Truevine*, and *Dopesick: Dealers, Doctors, and the Drug Company That Addicted America* (2018). Macy serves as an Executive Producer and writer on the acclaimed Hulu limited television series *Dopesick*, which is based on her book.



Help Commemorate LOA's 50th Anniversary

LOA will be celebrating their 50th Anniversary in 2022. Reserve your space now for an ad in their anniversary program. Their Annual Meeting will feature a keynote speech and book signing by journalist and bestselling author Beth Macy on March 24, 2022.

Soup for Seniors 2022

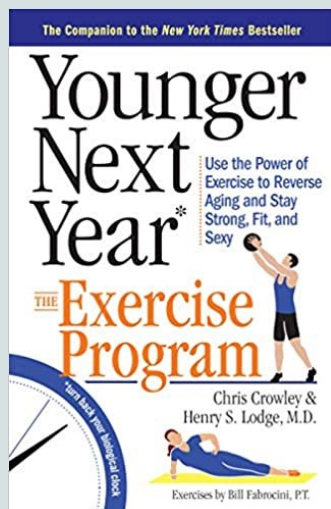
The Salem Public Library will be collecting items February 1-8. Some of the non-perishable food items (check expiration dates) our elderly neighbors need (no glass containers, please):

- Soup/Crackers
- Canned Vegetables
- Canned Fruit
- Peanut Butter/Jelly
- Cereal/Cereal Bars
- Oatmeal/Cream of Wheat
- Carnation Instant Breakfast/Ensure/Boost
- Canned Meats (Tuna, Chicken, Vienna Sausages)



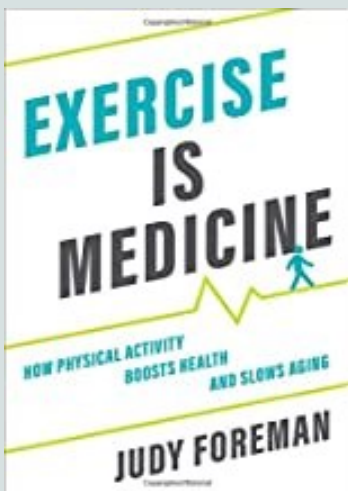
Book Spotlight

Click on image to go to library catalog to request item.



Abstract: "...The exercise book that takes the intimidation out of starting a workout regimen, then serves as a detailed guide for life. The exercise book based on science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness. The exercise book that will show every reader, no matter how young or old, how to live with newfound vibrancy, strength, endurance, confidence, and joy."

Abstract: "Aging, despite its dismal reputation, is actually one of the great mysteries of the universe. Why don't we just reproduce, then exit fast, like salmon? Could aging just be one big evolutionary accident? Is senescence, the gradual falling apart of our bodies, at least partially avoidable? Can we extend the healthy lifespan and reduce the lingering, debilitating effects of senescence?"



Contents: Aging — Run for your life — Sitting kills — The heart of the matter — The energy-converting machine — Bigger, better, stronger — Boning up — Exercise and cognition — Exercise and mood — It takes guts: exercise and the microbiome — Immunity, inflammation and exercise — Exercise and cancer — Those tiny, tell-tale telomeres — Exercise and anti-aging pills — The nitty gritty — Q & A — Dodging bullets"

Continued from page 3

2. Take stairs instead of elevators and park further from your destination. Every little bit counts.
3. Find an exercise buddy. You're more likely to stick with something when you are accountable to someone else.
4. Try something novel: a dance class, yoga or tai chi. A friend of mine started kickboxing — something she'd never done before — and at 50 got into the best shape of her life. Pickleball is fun and addictive and can be played by people of all ages and levels of activity. Even ping-pong will get you up and moving.
5. Use family gatherings as a time to play team sports or do outdoor activities.
6. Get a sports watch and make racking up steps a challenge.

The Bottom Line

Movement has the potential to improve our physical conditioning and outlook. The key is to find something interesting and enjoyable that we will stick with.

That said, we can't always influence those we care about to do what's best for them, and it's not up to us to force our will on them. The adults in our life are free to make their own decisions and attempts to coerce them into doing what we think they should do can backfire, making them someone who was resistant to making better health choices dig their heels in more.

Know when to encourage, but know when to back off as well.

As for my mother-in-law, I decided to circumvent the power struggle by contacting the pastor of a local church and asking if they would please reach out to her and invite her to become involved. He was more than happy to do it. Sometimes it can be helpful to call an impartial person in on the job.

Do check with your doctor before starting an exercise regimen if you've been sedentary for a while. Chances are they'll be happy to guide and encourage you in your new journey.... □

Excerpted from [Worried about Parents Sedentary Lifestyle](#) | from NextAvenue.org

when they grow up... And I think if I can please people and give them hope, then it's worth living longer."

Hawkins started competing in sprints at age 100. Her children registered her for running after she decided to quit biking which she did for about eight to ten years prior. She chose the 100-meter dash.

"When I started running, I found it was a pleasure. I enjoyed doing it. So it was a new challenge,

**'Every time I race
it's a
magic moment.'**

and I took to it like a duck to water," Hawkins said. "I felt that would be a neat challenge to run the 100 [meter] dash, at 100, in under a minute."

And she did. Saturday's competition wasn't Hawkins' first record-breaking race. According to the National Senior Games Association, the retired educator and Louisiana native also set a world record in 2017, when she ran 100 meters in just over 39 seconds at the National Senior Games, the fastest in her then 100-104 age level. In 2019's Games, she completed the 100-meter dash in an impressive 46.07 seconds.

Hawkins says that she doesn't run every day anymore but stays very active. She'll usually walk or jog about one mile each day, sometimes two. Every now and then, she'll do a 50-meter dash to practice. "When you're 105, you don't have too many 100 [meter] dashes left in you, so you save them for when you need them," she said.

Saturday's race was particularly special because it was held less than 10 miles from Hawkins' childhood home in Ponchatoula, where she later taught middle school. Some of her former students even came to

Continued on page 8

Keep Moving—Go4Life Exercise Videos

Work out at home for free with these Go4Life exercises for older adults from the National Institute on Aging.



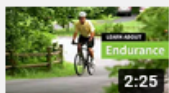
4 Flexibility and Cool Down Exercises for Older Adults

National Institute On Aging



6 Upper Body Strength Exercises for Older Adults

National Institute On Aging



Learn about Endurance Exercises for Older Adults

National Institute On Aging



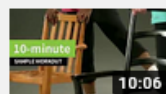
15-minute Sample Workout for Older Adults

National Institute On Aging



6 Flexibility Exercises for Older Adults

National Institute On Aging



10-minute Sample Workout for Older Adults

National Institute On Aging



4 Lower Body Strength Exercises for Older Adults

National Institute On Aging

Click on this link to access these YouTube videos:

<https://www.youtube.com/playlist?list=PLmk2IKJuZUM4HTrj7hrJ8yxhToKkJT8a8>



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: library@salemva.gov

Website: [https://](https://www.salemva.gov/)

www.salemva.gov/

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

ABOUT THIS NEWSLETTER: This free, semimonthly (twice a month) newsletter is intended for adult caregivers and those interested in healthy aging topics and resources.

SUBSCRIPTION INFORMATION: If you would like to subscribe, you can either call the library OR email us at library@salemva.gov OR pick up a print copy in our **NEW BOOK SECTION**. We will also post a link on our [website home page](#) to view this newsletter online. Archived versions are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

NEW SUMMER HOURS: We are OPEN TO THE PUBLIC Mon to Thurs, 10am to 8pm and Fri to Sat, 10am to 5pm.

AFTERNOON BOOK CLUB— Tuesday, January 25th, 1 p.m.:

Best of 2021 — Choose any book from a national “best of” list such as NYPL, NPR, Goodreads, newspapers and magazines.

CITY OF SALEM 2022 CALENDARS are available in the front of the library.

ABBOTT BINAXNOW COVID-19 HOME TEST KITS (a rapid test for the qualitative detection of COVID-19 antigens in nasal swab specimens) are available at the Circulation Desk. **Instructions:** Just scan the QR code on the box to download the Navica App and create an account prior to your virtual testing session. You may also create an account at <https://www.emed.com/app/login> by clicking on “I want to start testing” and then selecting “Create Navica Account.”

If you have questions, please call the VA COVID Information Center at

1-877-829-4682 Mon-Fri 8am-6pm

or visit <http://www.vdh.virginia.gov/covid19testing>

105-year-old runner sets world record—from page 7

cheer her on. Hawkins added that she often feels supported by her loved ones — including her four children and her late husband of 70 years, who passed away at the age of 96.

“He died ahead of me, and so I think of him as being my little angel out there watching over me,” she said, adding that during Saturday’s race she “felt right at home.”

When she’s not lacing up her sneakers to be “Hurricane Hawkins,” Hawkins prefers to be called “The Flower Lady.” In addition to her successful running career, Hawkins is very passionate about gardening — caring for a beautiful home garden with bonsai trees and abundant flowers. Like her signature look on Saturday, she almost always wears a flower behind her ear whether she’s racing or not, a habit that started when Hawkins was in college.

The Louisiana Senior Games serve as the state’s qualifying event for the biennial National Senior

Games, which will take place in May 2022 in Greater Fort Lauderdale, Florida. Hawkins said she’s still deciding on whether or not she’ll compete.

“She has time to decide, and we aren’t pressing for an answer,” National Senior Games Association Media Director Del Moon stated in a news release. “As usual, Julia Hawkins calls her own shots and will wait for the right time to decide if and how her track career will go on.”

Until then, Hawkins hopes to continue to inspire people of all ages to live active, healthy lives. She’ll also keep chasing “magic moments” — on and off the track.

“I believe in magic moments, thinking of things that you see and do and feel more than just usual. They’re absolutely out of this world, they’re so unusual. And wonderful,” she said. “Every time I race it’s a magic moment.” □

Excerpted from [105-year-old runner sets world record](#) | from USAToday.org